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AUTHOR	Cole, Ellen, Ed.; And Others
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ABSTRACT

This anthology contains 18 chapters that deal with wilderness therapy for women and the symbolic value of wilderness accomplishments to women's mental health. Sections of the book present theoretical perspectives on wilderness therapy; describe programs providing empowerment, challenge, and therapy for general populations of women and special populations such as survivors of rape and welfare mothers; and present personal narratives about women's adventure experiences. Following an introduction (Ellen Cole, Eve Erdman, Esther D. Rothblum) and a poem "Nuestra hermana" (Anjanette Estrellas), chapters are: (1) "Wilderness Therapy: What Makes It Empowering for Women" (Irene G. Powch); (2) "Self-Control: The Key to Adventure? Towards a Model of the Adventure Experience" (Jackie Kiewa); (3) "Transforming Body Image through Women's Wilderness Experiences" (S. Copland Arnold); (4) "Ethical Considerations in Adventure Therapy: A Feminist Critique" (Denise Mitten); (5) "The Wilderness Solo: An Empowering Growth Experience for Women" (Jean Angell); (6) "Women on the Ropes: Change through Challenge" (Ba Stopha); (7) "Building Self-Efficacy through Women-Centered Ropes Course Experiences" (Linda Hart, Linda Silka); (8) "What Is the Therapeutic Value of Camping for Emotionally Disturbed Girls?" (Lynn Levitt); (9) "Equine Psychotherapy: Worth More Than Just a Horse Laugh" (Judith J. Tyler); (10) "Two Bears, Dancing: A Mid-Life Vision Quest" (Darion Gracen); (11) "Therapeutic Considerations of Wilderness Experiences for Incest and Rape Survivors" (Shirley Joseph Asher, Gayle Quick Huffaker, Marte McNally); (12) "Breaking through Barriers: Wilderness Therapy for Sexual Assault Survivors" (Deborah Levine); (13) "Women's Adventure Group: Experiential Therapy in an HMO Setting" (Margaret J. Kessell); (14) "So...What Does Rock Climbing Have To Do with Career Planning?" (Annette Aubrey, M. J. MacLeod); (15) "When I Reach the Place I'm Goin', I Will Surely Know My Way" (Lauren Crux); (16) "Climbing for My Life" (Molly Gierasch); (17) "After the Next Full Moon" (Connor Sauer); and (18) "A New Generation of Women in the Wilderness" (China Galland). Contains references in most chapters and an index. (SV)

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